



RACE DESCRIPTION AND RULES

THE CRUISE-A-THON is a triathlon designed for the not-quite-hardcore athlete in all of us. The course will take approximately two hours and will include a cruiser bike tour of downtown Pagosa Springs, a thong (flip-flop) walk up the almost world famous Pagosa Springs Riverwalk and a tubing trip back down the San Juan River. The Winner will be the participant with the most average time taking into account bonus points for consumption of edibles, the subjective preferences of the judges, gears on the race bike in excess of 1, and any sandals lost during the race. There will be comfort stations at strategic points during the course. Participants are encouraged to bring their own beverages as the regular consumption of liquids is vital to a racer's well-being. Support crews are tolerated but must arrive to the Park a minimum of two hours before start time for a race briefing. The exact route will be published a week before the race and is subject to last minute changes. Proceeds will go to the San Juan Riverwalk construction and restoration. Team entry is also available – a maximum of three individuals may compete – a complete description is on the Team Registration Form (*download from home page*).

Start Date and Time: Saturday, Sept. 23rd, around noon- Pagosa Time

Start/End Location: Town Park, Pagosa Springs, CO

Rules:

1. All participants must start with an equal number of thongs as they have feet. Any sandals lost during the race will result in a point deduction for the participant and a severe scolding about the horrors of littering.
2. Tubes may be any inflatable device that lacks a method of propulsion besides the body parts of the rider.
3. Bikes may be any two-wheeled human powered device, although single speed 'cruiser bikes' are preferred. Participants with more than one gear will be penalized accordingly.
4. Costumes may be worn at the racer's discretion but their issued sweat band must be visible at all times.
5. Flip-Flop (Thong) sandals may be any sandal that does not have a heel strap

Awards: An awards ceremony and celebration of course completion will be held on the 'KIP'S' patio following the race. Any age may attend although alcoholic beverages may only be consumed by persons of the appropriate age.

Questions? info@cruiseathong.com

DISCLAIMERS: Scoring is capricious, deliberately obtuse, subject to whims of judges; note that golf scoring may apply. Ratty couches located at the comfort stations may be awarded to participants who will then be obliged to take them home. The race organizers and sponsors are in no way responsible for any participant's future difficulties in getting elected to office. Although there will be a physician on duty, it is recommended that all participants seek the acquiescence of their own medical staff before participating. Rest (comfort) stations will be regularly located along the course. Lactose intolerance, shortness of breath, anaphylactic shock, hypothermia, male pattern balding, short-sightedness (both actual and metaphorical), lost nails, road rash, "bonking", and inadequate training are all considered pre-existing conditions and thus are the explicit problem of the participant.